

The 7th Congressional District of Wisconsin, with its population of 670,462, is the largest congressional district in the state, covering 18,787 square miles. The district encompasses all or part of 20 counties, as shown on the map above.

The district stretches from the Central Sands country of central Wisconsin, northward and westward through the Wisconsin River Valley, St. Croix Valley, Chippewa and Flambeau River Country, up through the forests of Northern Wisconsin and wild and scenic rivers, such as the St. Croix and Namekagon.

It has a strong dairy tradition and the abundance of beautiful outdoor natural resources in our district has also made tourism an important economic asset. From the Apostle Islands
National Lakeshore

and

Lake Superior

. to the

Chequamegon-Nicolet National Forest

, to the

Ice Age National Scenic Trail

, to the

St. Croix National Scenic Riverway

, and the abundant lakes and streams throughout the district, the 7th District has something to offer everyone who loves the outdoors.

Large timber fortunes were made by companies who clear cut northern forest lands after the turn of the 19th century. Today, those forests are regrown and paper mills are located along the major rivers.

Farming (especially dairy), cheese production, metal working, tourism, insurance, and shipping (on Lake Superior) are all key aspects of the district's economy.

In recent years it has seen expansion in potato, vegetable, and cranberry production and produces a large amount of ginseng.

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It is an area with a strong work ethic and the many highly skilled workers keep our growing. The University of Wisconsin system and the Wisconsin Technical College offer educational opportunities that are among the finest in the nation. Important medical center and contains many thriving art communities.	
The 7th Congressional District is a great place to live and to visit. We are proud of heritage and strong traditions.	of our rich
For more sources of information about the counties in the 7th Congression make a selection from the interactive map at the top of the page.	al District